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Remembering November
Find out how Poppies connect us to our past on page 3.

Kids creativity
School children showcase their art for Remembrance Day on page 4.

Think like a champ
Inside one author's athletic past on page 14.

Community organizations, individuals, service clubs and others laid wreaths at the foot of the cenotaph in honour of those who served during a past Remembrance Day ceremony in Haliburton. /FILE

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A story from the Archives

Legion branch 129 expansion

Circa 1975

The new expansion of the Legion Branch 129 stands today in defiance of its fire-plagued history.

The new addition, now completed at a cost of $300,000, will mean better facilities for community groups, dances and various other functions. Feedback from people of the community has been "good" says Legion spokesman Doug Armstrong and the building, now completed, should be utilized by an "unlimited number of groups."

Good fortune did not always exist with the organization. In 1944, the branch had re-organized and located its headquarters in a brick house across from the Texaco depot. In January 1952, the building was destroyed by fire.

Property was purchased where the present facility is located and a new building was erected in 1952. But, 11 years later, after the mortgage on the building was paid off, fire levelled the building. This time, it was worse.

The branch lost in the blaze its original charter of August 21, 1928. A large collection of unreplaceable mementos and souvenirs were lost in the fire.

So the Legion moved into the curling rink to set up temporary headquarters before moving to the abandoned Pentecostal Church, which stood next to Branch 129. The new building was built in 1964 and paid off in 1970.

"And so stands the new, expanded Legion building: unchanged by any form of disasters, but still the meeting place for veterans and citizens alike.

"We're a group of our own," said Armstrong of the Legionnaires.

"If a Veteran walks into the club room, and no one even knows him, you know who they are before they even open their mouth."

> ***If a Veteran walks into the club room, and no one even knows him, you know who they are before they even open their mouth.***
>
> — Armstrong of the Legionnaires

The Legion members share a need for companionship with someone else who has gone through the same experience in war. Sitting, not necessarily talking, with someone who went through the same experiences, and says Armstorng, "they (the Legion members) have become a very close knit group."

And perhaps that is what the new Legion building will mean for a lot of people; sharing experiences, exchanging news and having fun.

With the spirit of the Legion will come these benefits. The organization offers free usage of the hall to such organizations such as the social planning committee, figure skating clubs, minor hockey, cubs and scouts.

And each and every one of those groups, assures Armstrong, will have the opportunity to use the facility. The hall will also be open for various groups to rent.

For Haliburton Village itself, a building has just been re-shaped. A change has occurred in the village, a change that the people like.

And, as Armstrong pointed out, "fabulous" will be the word to describe how the people enjoy that change.

County Life

The following inserts are being distributed with County Life this week:

Canadian Tire

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Kinmount Pharmacy *

Minden Valumart *

Peavey Industries *

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Todd's Independent *

All inserts are to selected distribution areas.

For information on how your flyer can be inserted each week in County Life please contact Melissa Armstrong at **613-332-2002** or **melissa@haliburtonpress.com**

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/FILE photos

Remembering November Over the Years

EMILY STONEHOUSE
County Life Editor

As I peer out of my window at the offices of the *Haliburton Echo*, I am struck by the colouring that sheds its way across the rolling hills. It is mid-November, and at first glance, it looks like fifty shades of brown out there, but upon closer inspection, you can see soft pinks, drying greens, muted blues, and splashes of yellow.

I sit in my office and wonder about who else saw November from this exact angle. This office was originally built as a home in 1917. It has seen countless families, wallpapers, and stories. As we hover around Remembrance Day, I can't help but picture what life looked like for the people of Haliburton County during those pivotal chapters.

The first Remembrance Day was held in November of 1919. It was then known as "Armistice Day," and was established as a means of commemorating the armistice agreement that ended World War 1 on Monday, November 11, 1918 at 11 a.m. The eleventh hour of the eleventh day of the eleventh month.

I have always found it interesting that people were already dedicated to remembering in the chapters between the two major wars. On that first Armistice Day back in 1919, they never knew that they would be adding more names to the list of those they wanted to remember once again in 20 years. It would happen again. It would be different; different reasons, different technologies, different stories, but the same grief, all over again.

This past Remembrance Day, I took a deep dive into the local history and what this day means to our community. I spent time at the Royal Canadian Legion Branch 636 in Minden, and spoke to veterans and their families. I learned about the impact the Poppy Campaign had on our little villages. I photographed young cadets, who stood with their backs to the wind while they pinned Poppies on passing lapels. The war may have ended here, but the legacy lives on.

War is one of those things that does not have a finite end. Its impacts trickle down into each generation, settling like sand into people's souls, spirits, and minds.

Two years ago, the Legion launched a digital program called Poppy Stories. Using your cellphone, if you search www.poppystories.ca, you can scan your Poppy, and an array of individual stories will emerge. I lost myself in these stories for over an hour once I started reading them. Soldiers, nurses, pilots, and sailors, all lost. On this program, they have photos of them all, you can read their stories, their parents' names, the people they fell in love with along the way who made them who they were. One cold November day, I am sure each and every one of them at some point looked out a window, and wondered about what was next.

As I sit and look out my own window, I see a couple strolling through the park. I see a puppy who is tugging on its leash, hoping to befriend a pigeon by the trees. I see muted whitecaps on Head Lake, reflecting the occasional sparkle from the autumn sun. It's a frame of these Haliburton Highlands that captures serenity and peace. I hope that other people over the years have looked out the window and had that same sense of tranquility.

The best way to learn about history is through the stories. Talking to people. Hearing the grains of knowledge trickle down and settle, only before being passed on again. I am forever grateful for the relative state of peace our community is in now, and eternally thankful for those who gave that to us. I may not know them personally, but I know at some point, someone who was directly impacted by war looked out this exact window towards Head Lake, and now, we share that little slice of perspective. It feels like a connection. A deeply rooted, meaningful tether to a past chapter. We both saw the colours shift and change amongst the trees; the soft pinks, drying greens, muted blues, and splashes of yellow, while we sipped tea and wondered; what's next ?

MEMORIAM · FORUM · REMEMBRANCE
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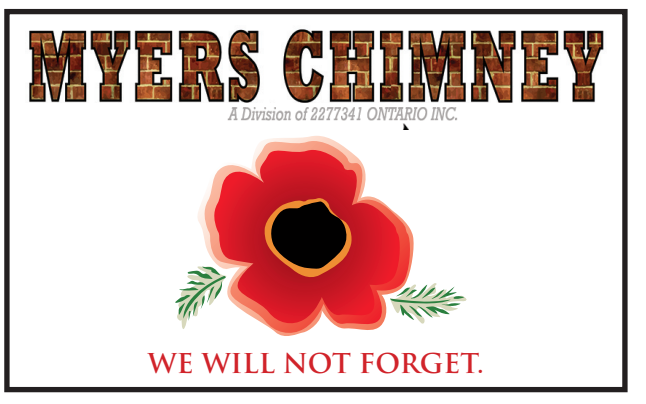
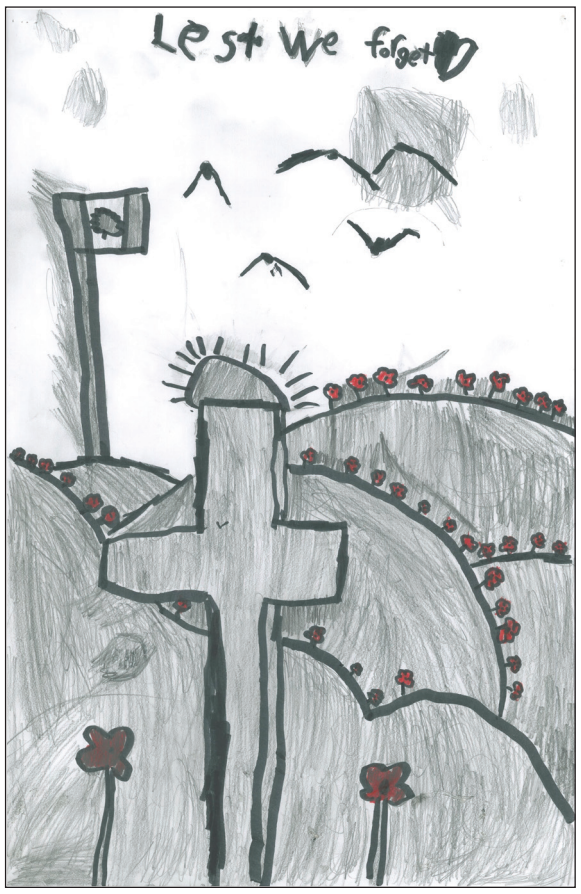


Every year, the local Legion hosts a Remembrance Day poster contest, with local school-age children submitting their interpretations of the day. Pictured are a handful of submissions the Legion received last year. They have once again put the call out for children to submit this year through their schools. /Images submitted

Olivia Humphries



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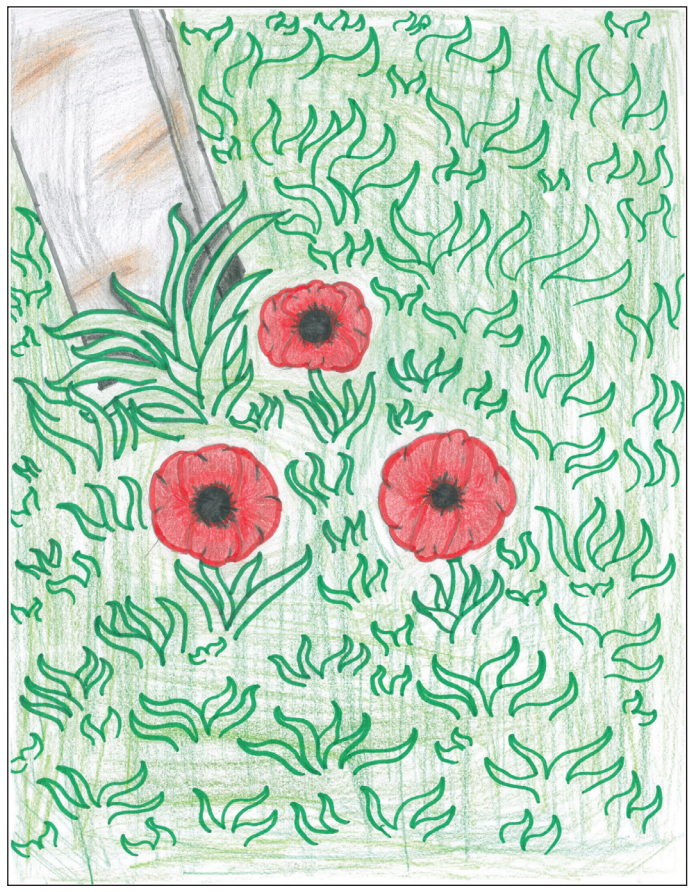

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The Haliburton Highland Pipes and Drums leads the Remembrance Day parade down Highland Street during a past Remembrance Day in Haliburton.

Legion Events

Branch 441 Kinmount

Monday: Bid euchre 1 p.m.
Cornhole 7 p.m. (upstairs)
Ladies darts 7:30 p.m. (downstairs)
Tuesday: Coffee and chat 9 to 10:30 a.m.
Wednesday: Coffee and chat 9 to 10:30 a.m. Mixed darts 7:30 p.m. Canteen opens at 6 p.m.
Thursday: General meeting (3rd week) Members only 7:30 p.m.
Friday: Chair yoga 10 a.m. Bingo (doors open at 5 p.m. Supper special every week) Canteen opens at 4 p.m.
Saturday: Meat draw 5 pm Canteen opens at 3 p.m.
Sunday: Ladies Auxiliary meeting (members only) 3rd Sunday every month at 2 p.m.
Special events: Nov. 9: Craft, bake sale, 9 a.m. to 2 p.m.
Nov. 9: Turkey dinner (first come first serve) 4 to 7 p.m.
Nov. 11: Remembrance day service at Cenotaph 11 a.m. Luncheon to follow
Nov. 13: Lunch and Learn (Speaker is Sharon Yeo) 11:30 a.m.
We welcome everyone to our events and we look forward to seeing you.

Branch 129 Haliburton

Ladies Auxiliary of the Haliburton Legion is holding a craft sale on Saturday, Nov. 16 from 10 a.m. to 3 p.m.
An extensive variety of crafts created by 40 talented vendors will be available. This is a great day to start your Christmas shopping and enjoy lunch in the Schofield Room Cafe.
Mondays: Bridge every Monday, 1 p.m. Schofield Rm.
Tuesdays: League darts 7 p.m.
Wednesdays: Bid Euchre 1 p.m. start – Main Hall. Bingo doors open at 6 p.m. Bingo starts at 7 p.m. First Wed of each month - $1000 jackpot, rest will be a $500 jackpot. Follow Facebook.com/Branch129 Bingo for the most up-to-date information
Thursdays: General Meeting third Thursday of the month, 6:30 p.m. All members urged to attend.
Ladies Auxiliary last Thursday of the month at 1 p.m.
Fridays: Meat draw has five draws, five prizes each draw, first draw at 4:30 p.m., last draw at 6:30 p.m. Tickets are $2 per draw. Ed Pickard, MC.
Friday fun darts from 4:30 p.m. and onwards.
Saturdays: 50/50 Draw 4 p.m. draw – tickets are $1 each available in the Clubroom.
Whether you're planning a function for 10 or 200, for more information call Cheryl Waller at 905-447-7741, email haliburtonlegionrentals@gmail.com or visit haliburtonlegion.com. Come on out and support Haliburton Legion Branch 129 ... everyone is welcome!
Club room hours: Mon. 3 to 6 p.m., Tues. 3 to 9 p.m., Wed/Thurs. 3 to 6 p.m. Fri. 3 to 7 p.m. and Sat. 3 to 6 p.m.

Branch 636 Minden

Lunch - Monday to Friday
Monday: Rug Hookers every second week.
Bid Euchre 1 to 3 p.m.
Tuesday: Food 5 p.m. Canoe FM Bingo 6 p.m.
Thursday: Cribbage 1 to 3 p.m., Darts 7 to 9 p.m. and Euchre 7 to 9 p.m.
Every other Friday: Karaoke 8 to 11 p.m.
Friday Fish & Chips & Wings. Lunch 11a.m. to 2 p.m. and Dinner 4 to 7 p.m.
Saturday All Day Breakfast 9 a.m. to 2 p.m. with three Meat draws at 11 a.m.
Call ahead any day for take-out: 705-286-4541
Schedules are subject to change without notice.
Check our Facebook page Minden Legion Branch 636 for more info.

Branch 624 Wilberforce

Fish and Chips: Friday, Nov. 1, 29 5 to 8 p.m., $15 for 1 piece, $20 for 2 pieces of fish
Wings, Jam Session: Friday, Nov. 8, 22 - 5 to 8 p.m, $15/lb
Senior's 55+ Lunch: Friday, Nov. 8, 22 at noon, $15/person. Call Denice Butler to reserve 705-448-8865
Remembrance Day Wilberforce: Monday, Nov. 11 at the Cenotaph, adjacent to the Lloyd Watson Centre. Lunch to follow by donation
Meatloaf, Mashed Potatoes Dinner : Nov. 15 - 5 to 8 p.m., $15/person
Karaoke: Nov. 16 - 8 p.m. to 1a.m. Sandwiches served around midnight. No entry fee
CFL Grey Cup Party: Sunday, Nov. 17, 4pm, Pub Food and Appetizers, $5/person
Hours of operation:
Sunday: Special events only,
Monday: 7 to 10 p.m., Tuesday: Closed,
Wednesday: 2 to 6 p.m., Thursday: 2 to 6 p.m., Friday: 2 to 11 p.m.,
Saturday: 2 to 9 p.m.

Remembrance Day Services

Haliburton Legion:

Monday November 11
10 a.m. Short pre-service is being held by the Legion's chaplin, Garry Swagerman, in the Remembrance Hall at the Legion.
10:30 a.m. Wreath sponsors may walk in the parade if they so choose, the wreath will be at the Cenotaph for them to lay.
10:35 a.m. Parade from the Haliburton Legion to the Cenotaph.
10:50 a.m. Cenotaph ceremony
Noon Please join us back at the Legion in the Remembrance Hall for light refreshments and to see the Remembrance Youth Contest entries on display.
Club Room will be closed for Remembrance Day.
Any person or organization wishing to lay a Remembrance Day wreath, please contact the branch at 705-457-2571, leave a message for Christina Briggs. Cost to sponsor a wreath is $40 (Lest We Forget) or $50 (personalized wreath), cut off date is the Friday November the 8th by 6 p.m.

Minden Legion:

The Service will commence at 10:45 on Monday, November 11 with the Act of Remembrance and reading of the County Honour Roll at 11:00 am, followed by the Wreath Laying ceremony and closing remarks.

Wilberforce Legion

Service at the cenotaph on Monday Nov. 11, at 11 a.m. adjacent to the Lloyd Watson Centre. Lunch to follow by donation by the Ladies Auxiliary at the Wilberforce Legion Branch 624.

Kinmount

Service at the cenotaph on Monday, Nov. 11 at 11 a.m.

Gooderham

Service at the cenotaph on Monday, Nov. 11 at 3 p.m.

Gelert

Service at the Gelert Cemetery Monday, Nov. 11 at 1 p.m.

Editorial

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146 Highland St., Box 360, Haliburton, Ontario K0M 1S0
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Website: www.haliburtonecho.ca
Box 97, Minden K0M 2K0
Phone: 705 286-1288 Fax 705 286-4768
Website: www.mindentimes.ca

Send your letters to the editor to vivian@haliburtonpress.com. Letters must be signed and include a phone number.

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The pencil

DEBORAH REED
Special to *County Life*

My 8-year-old grandson seems to be even fonder of pencils than I. If there's nearby paper, he'll spontaneously generate drawings. He's also taught himself to use an eraser as a tool - to add shine, he explains - plus he's figured out fingertip shading for 3D effect. I've even observed him adding a touch of spit to help darken the graphite. With unapologetic smudges on cheeks and track pants, he'll put almost all of himself into his intentions. Schools might not welcome excessive grime, but they still seem to encourage art!

If only every class requiring pencils could incorporate drawing. We'd both love that. He's constantly observing, and inevitably processing. His focus is guaranteed whenever tasks promise imagination. He got frustrated the other night by his homework. Repeating identical cursive capital Fs atop a page of prescribed lines held no candle to the freer potential of empty paper and his favourite blue HB.

He sometimes challenges his homework reality, articulately bemoaning the redundancy of certain school assignments. He listens closely to the academic conversations of adults. He'll ask us to pose for one of his portraits. We gladly do. He scrutinizes our features, insists we sit very still, and we look him in the eye. Whatever he sketches resembles us. He notes our face-furrows-of-eternal-tiredness, our creases and frowns, our spots, spare hairs and scars. And he pencils those in too.

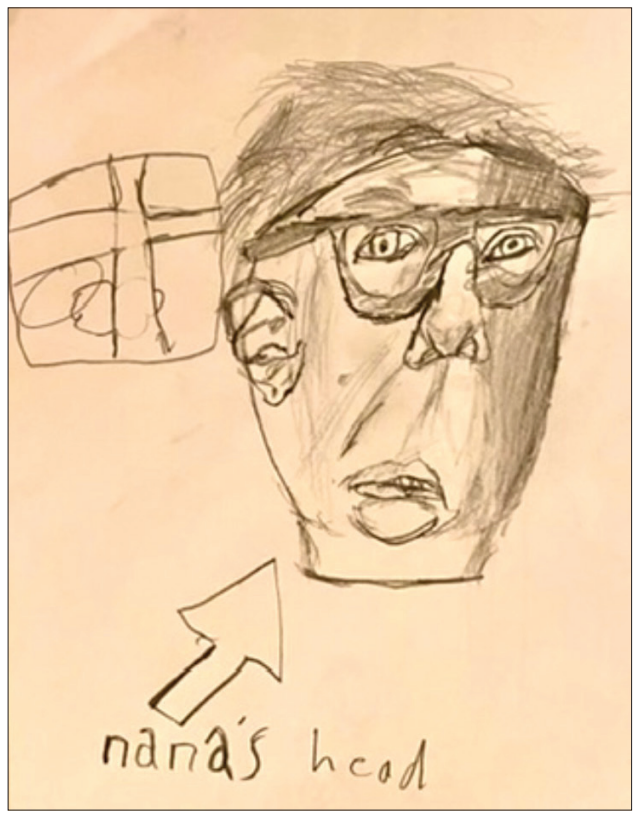
At first, my grandson might miscalculate proportion, or simply run out of space. He didn't panic however, and would patiently sketch in a last-minute mouth where a chin might go (Picasso would be so proud). He also offered patience to his Nana's recipe for initiating a portrait with symmetrical gridlines: place them first within a basic face shape, then lightly insert features. Add, erase, intensify or crosshatch to taste.

Try holding the pencil sideways …

He transfers new input to new drawings as he comes to understand his own capacities. They will always permit him to complete art to satisfaction. And he seems to know much better than Nana when his drawings are actually complete…

I told him I love pencils too. I rescue dropped ones from the ground. A pen just doesn't hold the same power. I used to leave tiny pencil portraits on desks during high school, especially literature lessons where teachers read out loud. The polished hardwood surfaces somehow invited wayward graphite, and I'd almost absently work away, keeping all progress safely cupped under my palm. I'd check daily if my latest drawing was still there. It usually was. I'd tweak it, or spit on my fingertip to smudge it away. It was part of me, an extension of my experience, until the custodian - or time itself - dematerialized it.

Art. It's vital to most kids. It's still required curriculum. Not all elementary teachers naturally explore it. But those with a pencil-passion beyond its practicality



in multiplication or French dictées will recognize which students carry wide-open ways to express experience. Kids get to own something they created. Then they grow.

Top 10 least popular Halloween Treats

ONE OF the thing I do as soon as Halloween is over is evaluate what's left in the candy bowl. This is a great exercise to see what the current crop of trick or treaters like and dislike. This is an educational exercise that helps improve your efforts for next October. With that in mind, here are the top 10 least popular Halloween treats.

STEVE GALEA
Humour Columnist

1. Any unpackaged candy adorned with lint.
2. Any treat featuring a healthy ingredient.
3. Pick-your-own ground apples.
4. Anything labeled sugar-free.
5. Anything that requires you to bob for.
6. Unboxed raisonettes bought straight from a rabbitry.
7. Candies you can get any day of the week from your grandpa.
8. Any candy that has the health unit's seal of approval.
9. Anything your dad wouldn't try to sample.
10. Any candy cane that is bendable.

Blackbirds

Chorus of blackbirds, blanketing Air, rumpling the stillness of the marsh,
hundreds of them, arriving each afternoon, to sing in the reeds, their red wings
flapping towards the poles of trees, poking from the marsh, their chirps enlivening the dead trees,
from a distance, the birds look like charred leaves, fluttering on the bones of trees,
but as I approach the marsh, to listen to this afternoon concert for free,
I glimpse flashes of red stirring in the straw forest of reeds, some cattails' heads, explosions of fur,
a few blackbirds landing on top of them, the rest, hidden in the reeds,
only the sound of their song, washing over the marsh, rivulets trickling into my ears, as I stand, transfixed, on the trail,
peering up at their silhouettes in the skeletons of trees, lit by late afternoon Sun,
drinking in the stripped beauty of the trees, that are no longer trees, their bones still haunting the marsh,
luring the flocks of blackbirds to congregate amongst them, one bird perched on the tip of a tree, where its crown used to be,
others landing on withered bits of trees, poking from their barkless trunks,
I wonder whether the birds prefer the openness of all that space, to landing in the branches of trees,
some still thick with clinging leaves, their singing gladdening my Heart,
a lightness spreading through the nest of my chest, flowing through my limbs, as I watch more blackbirds arrive,
their red wings smearing Air, these latecomers joining the choir, along with a pair of crows,
flapping over the marsh,
scratching Air with their caws, outnumbered by the chorus of blackbirds, as they continue on their flight.
I watch the blackbirds disappear into the reeds, others landing on the remains of trees,
as other birds take flight,
making space for the new arrivals, my eyes trying to count how many birds I see,
but there are too many arriving and departing, my eyes, blurring in the flurry of their wings,
one blackbird standing apart from the rest, perched in the branch of a bare tree on the other side of the trail,
watching its flock from a distance, listening to the concert, like me, and I wonder whether it's music or language that it hears,
in that long moment that it listens, before its wings flutter up into Air, flying across the trail to join its flock,
landing on the bone of a tree, no longer alone, belonging to the flock, becoming a note in its song,
that weaves through the reeds and the carcasses of trees,
my ears listening to the chorus of blackbirds serenade the marsh, 'till they scatter like ash up in Sky,
Air, stripped bare of sound, as I linger on the trail, amongst the lengthening shadows,
listening to the silence they leave behind.

Sylvie Kalenda

Change is good

WALTER HAS driven me to become a person I never thought I would be. In the past, I have judged people who used anything but love, patience, and positive reinforcement to train a dog. The same way I judged people who used disposable diapers before I had kids of my own. Well, a few tumbles and many tears later, I have become a person who uses an electronic collar! Who am I!?

Yes, this week we tried a collar, not the shock settings, just the sound and vibrate settings. The stress of him lunging at all passing cars, sounding like Cujo when we encountered innocent walkers, and the wear and tear on my body, has driven me to seek out alternative methods. Walter will turn three next month, and I think I've been pretty patient.

KAREN PHIPPS
Walter & Me

As I wrestled with my guilt, I attached the collar. I never want to silence his expression, but I do want to bring a little joy and reduce my blood pressure on our walks. Turns out Walter is smarter than I gave him credit for. The collar went off twice on our walk to the park. Both times he turned and looked at me in surprise and promptly stopped lunging and barking. In the fifteen minutes it took to get to the park my guilt was getting the better of me and I removed the collar and placed it in my pocket. As it turns out, the collar still makes the buzzing sound when he barks even when it is not attached. When Walter heard the sound, he stopped barking immediately. WOW! We had a great walk!

The next day, I placed the collar in my pocket and we set off to the park. I showed him the collar, and I think I heard him say, "I know, I know!" We walked calmly at the side of the road and I am pretty sure some drivers even smiled at us. I looked like a woman just walking her well behaved dog. I wasn't running off the side of the road and getting into a tripod stance to hold his halter as he lunged and jolted my body back and forth. I could take a deep breath.

By the time we got to the park, I had clearly relaxed my guard, as I didn't notice a couple walking up the trail. As soon as I saw them, I stopped dead; bracing myself as I knew I had no time to reroute. Tensing for mayhem, I stood holding Walter. Walter was silent and actually let the man approach him and gently pet his head! He even gave Walter a compliment. Slightly stunned, and greatly relieved, I started talking very quickly, babbling at them and sharing what a great moment this was. I think I overshared so I opted to go in the opposite direction just in case they were nervous of the crazy lady with the large dog. I continued on the walk feeling lighter, hopeful and inspired to sign up for a few training lessons. I'll keep you posted.

My shift in beliefs threw a light on how perceptions, views and the way we understand life changes over time. It certainly is a good thing, as it means we are growing, fluid, evolving as we gain experience and knowledge. Walter and I went to a place I have been many times but not for years. We drove to the Kennisis River and the Hawk River Log Chute Trail, a place I loved going with the kids on a Sunday afternoon drive.

The strange thing was that I remembered things so differently. Even on the drive there, I was surprised by the views and the beauty of the expansive lakes looking peaceful and sun dappled.

On the drive up Big Hawk Lake Road, I was beginning to question my GPS. I didn't remember the road with its pull off sections, the picnic tables, and the shallow, gentle waves of Kennisis river. At the lower log chute, I walked out to a little observation deck, and was in awe of the massive rock face and deep gorge. A hiking trail and information kiosk that tells the story of the Hawk Lake Log Chute, how it was first built in 1861, and once a common site, is now the only log chute of this kind left in Ontario.

The walking paths are well marked out and maintained by the Township of Algonquin Highlands. It's not a place you would want to let your dogs or young children wander as there are deep crevices near the edges and some steep sections leading to the river. It is possible to cross the river at the dam and link up with the Crest of Kennisis Trail that offers another 5.5 KM of trail. This trail is not a loop though so it is recommended to take two cars and leave one at the trail's end.

Being open to changing your mindset, looking at things again with fresh eyes, enriched with time and experience, can be unsettling. Things we thought to be true, to be part of our understanding of ourselves and our life, may not be as rigid as we sometimes think they are, or even exactly the way we remembered them to be. Time changes all things, and that is as beautiful as it is challenging.

Take a few moments to research this route on the website: www.algonquinhighlands.ca.

The Hawk lake Log Chute is located at 1584 Big Hawk Lake Road.

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Slater, the red-tailed hawk, found poisoned by rodenticide

by **THOMAS SMITH**
Editor

A red-tailed hawk was rescued south of Norland and transported to Woodlands Wildlife Sanctuary in Minden to receive care. The hawk, now named Slater, was found near the side of the road. After driving one way, the driver saw that the hawk had not moved on their drive back and contacted the Woodlands Wildlife Sanctuary. The sanctuary had a volunteer drive to pick the hawk up.

"There was no trouble picking him up," says Monika Melichar, founder of Woodlands Wildlife Sanctuary. "It had no fight left."

Had the hawk been in the bush, Melichar says it is unlikely that anyone would have seen him suffering.

Slater was put into an incubator to raise his temperature, and was given water. Soon after, Slater expelled tar-like black stool. There were also sore patches within Slater's mouth, a clear indicator that the hawk had been poisoned with rodenticide. Slater was injected with vitamin K in an attempt to neutralize some of the poison within his body.

"Slowly but surely, he began to come around. Now it is a week and a half later and Slater is well on his road to recovery."

"He is very lucky," says Allison Hansen, founder of Rodenticide Free Ontario. "Very few respond that well to vitamin K therapy."

In 2020, Hansen's sister's dog was poisoned after it ingested a rat killed with rodenticide. A year after, Hansen lost one of her own rescue dogs after it had eaten a disoriented rodent that had been poisoned with rodenticide. After the banning of rat poisons in B.C., Hansen knew that she needed to stand up for wildlife, pets, and other animals in Ontario. Hansen has since presented on the dangers of rodenticide to property associations throughout Ontario, presented with Environment Haliburton, Nature Canada, and has garnered a following on social media. Rodenticide Free Ontario is an initiative under the Defend Them All Foundation.

Slater had to be given water and was fed through tubes for three days. Eventually, he began to eat bite-sized morsels of food. The black tar-like substance is still seen in his stool, and Melichar says it could very well be present for two weeks to a month after his treatment began.

"We are hopeful it has not caused too much damage inside," says Melichar. "But this is not something that we can assess."

"So far so good," says Melichar. "He has no aggression towards us whatsoever. He is very much working with us, and not against us for his treatment. We are hoping for a full recovery."

After a rodent is poisoned, they suffer before succumbing to the poison. While poisoned, they are often dopey and slow, easy pickings for predators such as foxes, hawks, and owls. Rat poison is flavoured like food, and will kill animals like house sparrows and squirrels if consumed. The poison travels throughout food chains and can even make its way into bears.

Hansen says that there are much better alternatives than using rat poison. Poison does not solve the root of the problem, with the rat's gaining entry to the building. Rodent-proofing your house and sealing any entrances will prevent rodents from coming into your home. Many contractors offer rodent-proofing services as well as live traps for the mice. Hansen also says that cleaning your recyclables, securing your garbage and your barbecue will also help reduce the number of rodents attracted inside your home. Glue traps are also not a good alternative as they indiscriminately kill snakes, insects, and other animals. Snap traps are also a better alternative than using poison as they provide an instantaneous death.

"Putting poison out is not a cure. It is a band-aid effect," says Melichar.

Melichar and her team of volunteers at the Woodlands Wildlife Sanctuary hope that Slater will be able to be released before the migratory period ends in November. If not, the team is prepared to overwinter the animal, before being able to release him.

"We are able to take in all species of wildlife with the exception of raccoons," says Melichar. Melichar says that due to overexposure, she developed an allergy to the masked bandits. The Woodlands Wildlife Sanctuary takes in around 800 animals per year. They are experienced in taking care of all walks of life, from coyotes, to waterfowl, to fawns. The Sanctuary is entirely volunteer run and is open every day.

These injuries are unnatural, says Melichar. We have to do what is right and do whatever we can to correct these unnatural interruptions and return animals back to nature.

The Woodlands Wildlife Sanctuary runs entirely on donations. On Nov. 1, the sanctuary will be having their online Bid Wild 4 Wildlife auction. There are over 100 items available to be bid on.

"There is something for everyone," says Melichar. The link to the auction can be found on their website www.woodlandswildlifesanctuary.ca.

The funds raised through donations and through events such as the annual online auction will be put towards food, medications, supplies, and everyday expenses of the sanctuary. Currently, the sanctuary has a leaky roof. They wish to fix the roof to keep animal's heads dry while under their care.

Monetary donations to the sanctuary can be given online through www.woodlandswildlifesanctuary.ca/donate.

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Nature in your backyard

County Life welcomes photo submissions depicting life in the Highlands. Email emily@ haliburtonpress.com. Please ensure images are high resolution - 200 dpi, 10 inches at its longest edge.

Submitted by Lavdeep Jallandhra

Submitted by Tammy Nash

Submitted by Jill Moulton

Community Events

Send your event listing to classifieds@haliburtonpress.com

Bid Wild 4 Wildlife Online Christmas Auction
Nov. 1 at 8 a.m. to Nov. 10 at 8 p.m.
Register now at: https://new.biddingowl.com/WWS
Help support Woodlands Wildlife Sanctuary! This year, we've taken in over 750 animals, thanks to our incredible volunteers who care for everything from orphaned songbirds to injured bald eagles. Bid on over 100 unique items donated by local artists and merchants, all starting at low bids. There's something for everyone! Join us in making a difference for orphaned, sick, and injured wildlife. For more information about our sanctuary, visit www.woodlandswildlifesanctuary.ca.

Craft Sale - Ladies Auxiliary
Haliburton Legion
Saturday, Nov. 16 from 10 a.m. to 3 p.m.
An extensive variety of crafts created by 40 talented vendors will be available. Shop and enjoy lunch in the Schofield Room Cafe.

Annual Library Fundraiser
An Afternoon with R.H. Thomson
When: Sunday, Nov. 24, 1 to 3 p.m.
Where: Royal Canadian Legion Branch 129, 719 Mountain Street. Haliburton
Guest speaker is R.H. Thomson, author of "By the Ghost Light". R.H. Thomson is also known for his role as an actor in Road to Avonlea and the Murdoch Mysteries. Silent auction, refreshments and an informative presentation! Books available for purchase on site. Tickets are $25, cash or cheque only. Tickets can be purchased at the Minden Book Nook or by contacting Pat Brezina at 705-286-1958 or Sue Sisson at 705-286-2000. Proceeds for this event support library programs throughout our county.

Recurring events

Cards/Euchre/Cribbage
When: Thursdays at 2:30 p.m.
Where: St. George's Church
617 Mountain Street

Lakeside Church Service
When: Sunday at 9 a.m. and 10:45 a.m.
Where: 9 Park Street, Haliburton.
Whoever you are, wherever you've been, you are welcome here.

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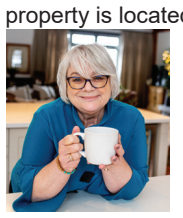

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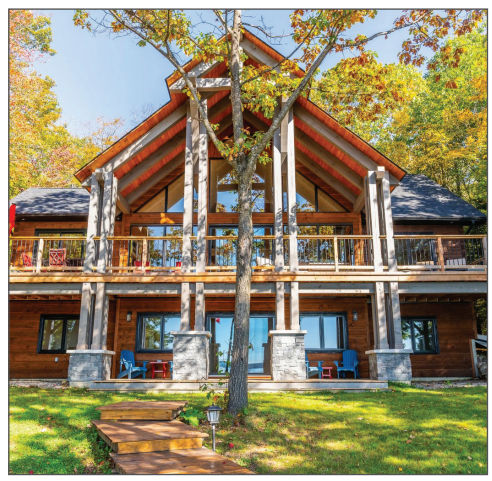

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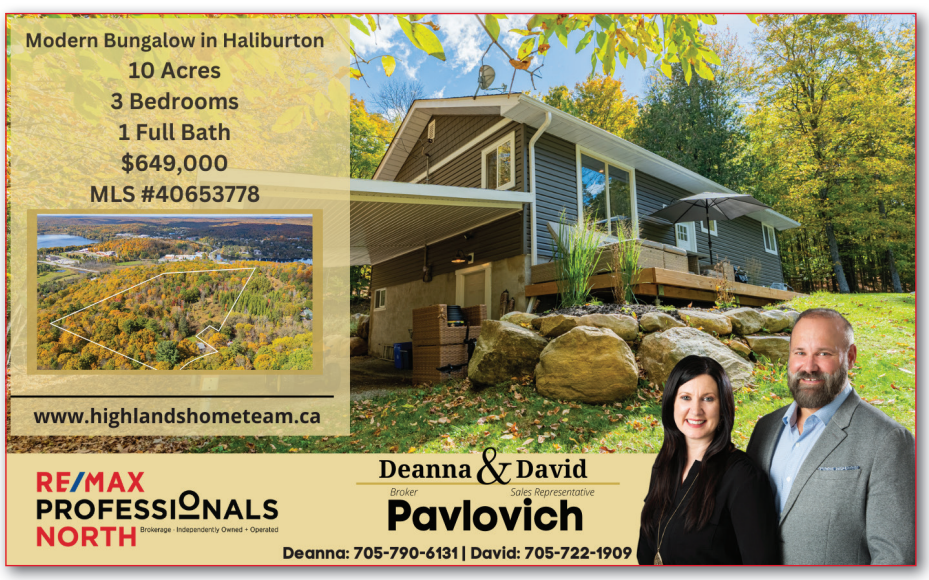

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Boshkung takes silver

EMILY STONEHOUSE
County Life Editor

Boshkung Brewing has once again been recognized for their outstanding beers - and this time on a national stage.

The Haliburton County company recently took home a silver prize in the English IPA category at the Canada Beer Cup - beating out over 1500 other beers from across the country.

"We figured we had won something," said Mathew Renda, the co-owner of Boshkung, "but we weren't sure exactly what it was."

The awards took place in Vancouver this year, after traveling from city to city over the years. Despite the interest in attending in-person, Renda noted that he wasn't sure if it was worth the journey if the outcome was unknown.

Instead, the Minden-based brewery hosted a live-stream of the awards show last week, which resulted in sharing the successes as a community - a focus that Renda and his team always have top of mind.

Boshkung Brewing Co. has grown and pivoted over the years, starting as an offshoot of Rhubarb Restaurant in Carnarvon, and eventually expanding with new owners, new food, and a new vision.

The Kungaroo IPA in particular is a beer that Boshkung produces which has been given a nod of approval more than once, having won gold two years in a row with the Ontario Beer Awards, before hitting the national stage just this past week. "It's a really unique beer," said Renda. "It's a more traditional, English IPA, and always a crowd favourite."

While being crowned for beer championships on the other side of the country, the local brewery was also given the nod of approval from a local audience, with 32 nominations through the Haliburton Highlands Chamber of Commerce awards gala. Boshkung was highlighted in everything from tourism and hospitality to individual leadership business achievements.

And the company intends to continue offering services throughout the winter months, when many tourism-based businesses call it quits until warmer weather.

"We've got a new menu rolling out," said Renda, "and we are covering our porch to make sure it's warm for the winter."

Renda said that starting this week, they will also be launching their First Responders nights each Friday evening, offering discounts to anyone on the front lines. "It's just a way to give back and appreciate all the work they do," said Renda.

Boshkung Brewing Co. is located at 20 Water Street in downtown Minden.

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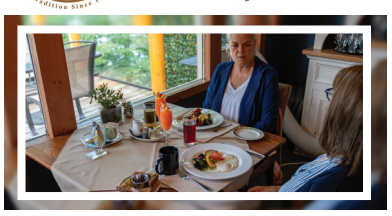
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Next issue of Food & Fun
December 5, booking deadline
Wednesday, November 28.

Fallen

Air, cradling leaves, torn by Wind from their trees,
twirling over the trail, not knowing where they will land, passing other leaves on their flight,
as I stand alongside the aspens, listening to them tremble,
holding out my hand to see if it catches a gold medallion of leaf,
as Wind shears their branches, and clusters of leaves scatter through Air, silent in their flight,
my eyes following the path of a leaf that catches on the bare branch of a birch tree,
growing on the other side of the trail, while its con-frères flutter towards the ground,
puddles of crumpled leaves that veil the trail,
muffling the sound of their landing,
a flurry of leaves whirling through Air, as Wind barrels through their branches, stripping them bare,
my eyes staring up at a steel Sky, riches of leaves raining down,
one of them landing on the shoulder of my sweater,
that I peel from the threads of wool and nestle in my palm,
the yellow leaf feeling papery and parched, as I graze its weathered face with my pinky,
amazed that it clung to its branch for so long, withstanding the assault of Wind,
its edges beginning to curl into themselves, as I place it face up amongst the other fallen leaves,
heaps of them, flooding the trail, as I inhale Wind and the smell of rot seeping from the earth,
curling into myself beneath layers of fleece and sweater and flesh,
cowering from the weather beneath the aspens,
Wind whirling all around us, seizing leaves that float through Air,
neither here nor there, no longer tethered to their tree, drifting through space,
free as the specks of starlings that scatter up in Sky, their flight, silencing their song,
as I watch a leaf pass a tuft of milkweed fluff, floating so close together, sharing Air,
that I wonder whether the leaf feels a filament of its softness, whether the milkweed seed feels the edge of the leaf,
my eyes marveling at their fleeting meeting in the Air, before the fleck of fluff lands on the bare branch of a bush,
and the leaf joins its con-frères on the ground, my eyes glancing up at the birch branch,
the lone leaf still stranded up there, its journey interrupted by the birch,
and I wonder how long it will remain there on its perch,
looking down at all the fallen leaves, veiling the trail, before Wind hurls it back up into Air,
passing leaves from different trees, on their flight,
sharing the same plight of not knowing where they will land,
as I stand here beneath the aspens, wondering whether their branches remember the leaves that have fallen,
feeling the empty spaces they leave behind, as fists of Wind pummel their limbs,
unable to loosen the leaves that still cling.

Sylvie Kalenda

Lunch is on us has returned

Starting on Nov. 6, join us every Wednesday from November to March for a free, hot, delicious lunch, live music entertainment, and great company!

11 a.m. until 2 p.m. at the SIRCH Bistro & Bakery, 49 Maple Ave, Haliburton

It's a wonderful way to nurture warmth and community connection during the long and oftentimes difficult winter months...

Our goal is to create a warm and inviting space for anyone and for everyone to feel welcome. The winter months can be a very isolating time for many in Haliburton County. Having a weekly event to go to, like Lunch Is On Us, can give people something to look forward to and improve their overall mental well-being. Customers will leave feeling uplifted and with a sense of belonging.

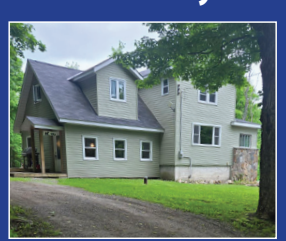
Donations are welcome but not necessary.

Watch our Social Media pages for weekly updates on our delicious menu items and great local entertainment!

If you're looking for more information, call SIRCH at 705-457-1742 or visit www.sirch.on.ca.

Submitted

Tory Hill $555,000 New Price



- Large eat- in kitchen with sunroom in back.
- 3 bedrooms
- Township year-round road.
- Close to trails for enjoyment

Lot on 503 $129,000

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- Variety of trees on lot
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We are thrilled to have worked with David Small Designs to bring "The Chalet" to life for the owners. A project such as this takes many hands and we are thankful to the top professionals who worked alongside us. We celebrate the award with our local skilled trade companies and our trusted local suppliers that were involved.

This residence embodies the essence of a custom home – distinctive, harmonious with its surroundings, and a true representation of the owners' design preferences and way of life.

This is the perfect recognition as we celebrate our 40th year in business in Haliburton County!

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Storytellers of Haliburton County

Thinking like a champion

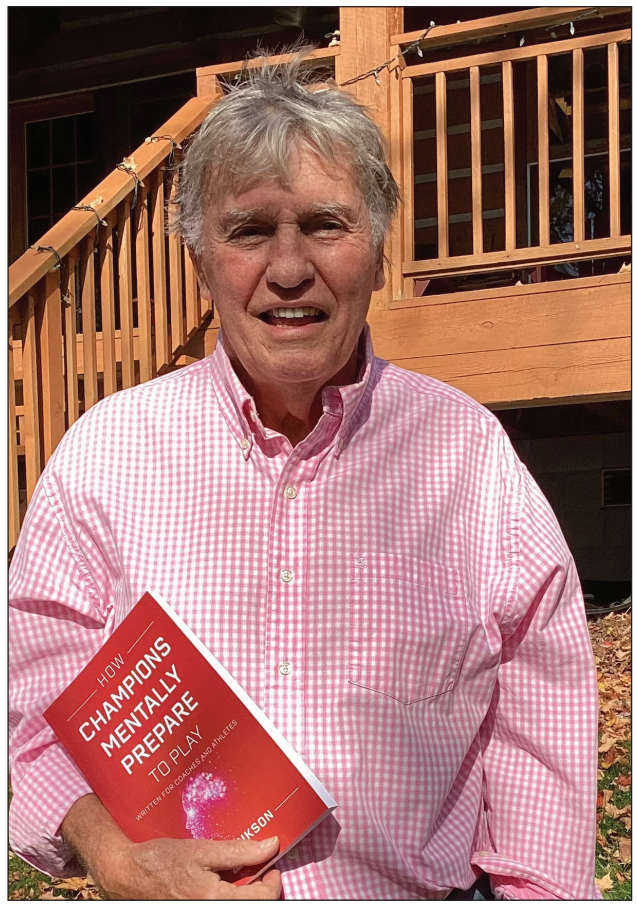
JANET TRULL
Special to County Life

Kennisis Lake resident, Jim Hinkson, has published his twelfth book, *How Champions Mentally Prepare to Play*, published by Coaches Choice. In the genre of sports literature, it reflects his own extensive experiences as an athlete, a coach, and a researcher.

This book details proven strategies and steps that coaches can undertake to help their players be mentally prepared to play at their best. It includes chapters that describe the pressure and stress experienced by athletes and talks about the importance of setting behaviour goals that will get them to the "zone". Hinkson says, "The zone occurs when an athlete has lost himself in the moment of the activity. In other words, when a player is in the zone, he is in a high performance mental state in which his mind and body are figuratively united to a point where optimal physical performance seems to flow naturally from the athlete with minimal to no conscious effort."

Hinkson outlines the 12 behaviour goals that help athletes mentally prepare for champion-level performances. They include characteristics like persistence, anticipation, self-control and passion. There are many factors that can sabotage top performances, and this book offers strategies to maintain a positive attitude, even after losses and mistakes. Athletes can recover confidence with pre-game routines that develop consistency, breathing techniques, and muscle relaxation exercises. "Emotions run high in tense situations," Hinkson says. He offers suggestions that help maintain focus and diminish the chances of over-reacting.

Starting in 1974 with his debut publication *Box Lacrosse: Fastest Game on Two Feet*, Hinkson recognized the need for coaches and organizers to share expertise in sports training. A positive experience in team sports, he came to believe, requires a framework of knowledge and strategies. 40 years of coaching at all levels helped him determine the essentials for successful outcomes. Here are a few of his career highlights:



Jim played for Canada in the World Field Lacrosse Championships, Melbourne, Australia in 1974. He coached professional lacrosse in New Jersey, New York and Philadelphia. He is an inductee of both the Canadian Lacrosse Hall of Fame and the Oshawa Sports Hall of Fame. As a goalie for the Whitby Mohawks Junior A hockey team, he was drafted by the Boston Bruins and went to Niagara Falls Flyers Training Camp. Jim played rugby in the Ontario-Quebec Athletic Association Finals for Western University in1970. During his career as a Scarborough high school teacher and coach, Jim's Senior Basketball Teams were victorious at two SSSAA Championships and made it to the OFSAA Finals.

The school year wasn't enough for this coach. He headed up to Olympia Sports Camp in Huntsville every summer for 15 years to coach there. As he accumulated coaching skills, Jim wrote books to mentor others. It proved to be an excellent way to share his expertise. His popular book, *Lacrosse for Dummies* (Wiley & Sons Canada, Toronto/NY, 2009), continues to provide guidance for those new to the game.

Immersed in sports culture, Jim had a front row seat to observe coaching styles. The more he learned, the more he wanted to learn. He read hundreds of books that deconstructed coaching best practices in a wide range of athletic pursuits and came up with criteria to develop life-long skills. From the volunteer T-Ball coach to the high stakes professional, the right coaching philosophies can have a lasting impact on young athletes. Much of that understanding can be found in his book, *The Art of Motivation for Team Sports: A Guide for Coaches* (Rowman and Littlefield, Maryland, 2018). In a 2018 interview about this publication with former Echo reporter Darren Lum, Hinkson talked about the importance of sport to reveal character, rather than to build it. "Coaches want to help players improve not just for the playing field or arena, but to improve them for life. We want to teach them values. We want to teach them behaviour goals," he said. "A coach who demands a victory before a game is stressing players needlessly. All it does is puts pressure on them. I want my kids to have fun. Being successful is doing your best."

As a writer, Jim Hinkson proves the theory that you should "write about what you know". *How Champions Mentally Prepare to Play* represents a lifetime of sports knowledge, coaching experience, observation and research.

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Canada Postal workers will be on the parade route collecting letters for Santa.

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The parade is proudly brought to you by the Downtown Haliburton Business Association and the Haliburton & District Lions Club

Nature in your backyard

County Life welcomes photo submissions depicting life in the Highlands. Email emily@ haliburtonpress.com. Please ensure images are highresolution - 200 dpi, 10 inches at its longest edge.

Submitted by Derek Spencer

Christmas Toy & Food Drive 2024

Join the Haliburton County Home Builders' Association and help us to make a difference!

As the Christmas season commences, The Haliburton County Home Builders Association would like to encourage you to include its Christmas Challenge in your plans. Large or small, each gift will help fill the Christmas hampers distributed by the Food Banks in Haliburton County. If you aren't sure what to collect simply gather local gift certificates.

Option 1: Call - text 705-457-6901, email info@hchba.ca in advance to arrange a date to pick up your gifts. We will take them to the local distribution centers.

Option 2: Drop off your gifts at one of our partners. We will then pick up from there.

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Ridgewood Ford – 12560 Highway 35

Ridgewood Ford Sales

Other locations in Minden and Haliburton:

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Emmerson Lumber Ltd - Maple Ave.
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Drop off for the 4C's in Haliburton is Dec 6th and other locations Dec 14th

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540 COMING EVENTS

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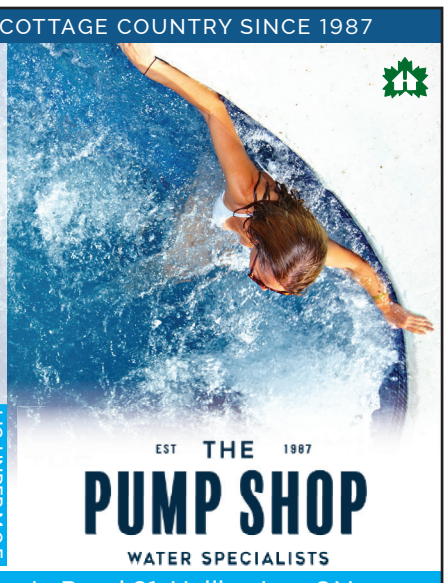

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Total 40 pages

Publications mail agreement # 40063862

Tuesday, November 16, 2010

Remembering them

There were hundreds, more than 10 deep of people, who lined the sidewalk and street surrounding the cenotaph in Haliburton for the Remembrance Day ceremony. More Remembrance Day photos on pages 10, 11, 32 and 33. **Darren Lum** Echo staff

Lost medal

Man searches for family of soldier whose medal was lost

3

Strong finish

Girls' basketball team outlasts the rest

25

The strength of faith and love

A battle against rare nervous system infection brings family together

Darren Lum
Staff reporter

Recounting the challenges faced over the last two years, you can see the strength and resolve written in their faces.

Steve Brown, 57, with his wife Helen of 34 years, from Boshkung Lake, are climbing the proverbial mountain after he contracted Listerial rhombencephalitis – a rare central nervous system infection that infects the brain stem and can result in death– more than two years ago from a contaminated cold cut sandwich he bought for lunch.

This has meant a list of challenges including months of treatment, an alphabet of antibiotics, a complete physical and mental shutdown, nau-

see 'WE'VE page 22

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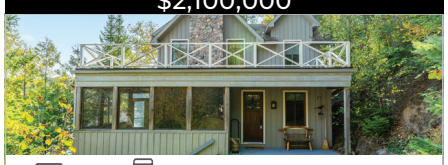

3 X BED | 2 X BATH | MLS# 40624213

KENNISIS LAKE
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5 X BED | 4X BATH | MLS# 40542149

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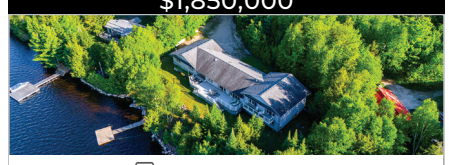
$1,850,000



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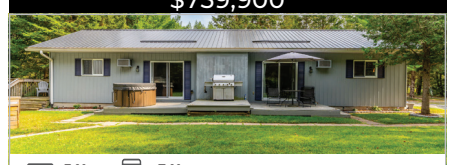

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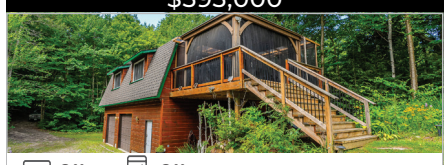

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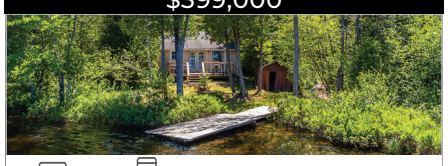

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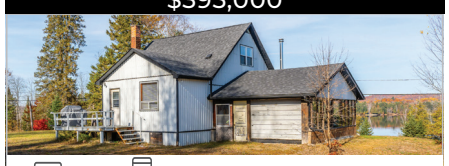

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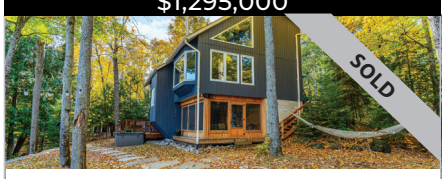

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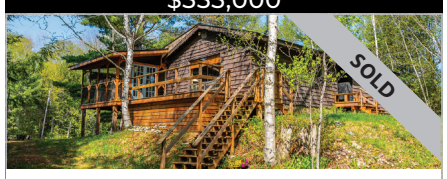

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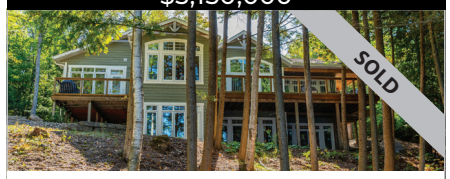

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